



Blount County School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Blount County School System.

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Blount County School System that includes:

- School Health Advisory Committee
- Twenty Healthy School Teams
- School Health Policies strengthened or approved:
 - Wellness Policy
 - Coach's job description requires CPR certification and AED use training
- Total amount of grant funding and in-kind services/materials secured by CSH to expand school health capacity for our LEA totals \$1,117,379

Community partnerships have been formed to address school health issues. Current partners include:

- | | |
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| ➤ 5 th Judicial Drug Task Force | ➤ Blount County Health Department |
| ➤ Alcoa City Schools | ➤ Blount County Humane Society |
| ➤ Alcoa City Schools Family Resource Center | ➤ Blount County Mental Health Awareness and Suicide Prevention Alliance |
| ➤ Alcoa, Inc. | ➤ Blount County Schools Mental Health Team |
| ➤ Allergy, Asthma, and Sinus Center | ➤ Blount County Public Library |
| ➤ American Heart Association | ➤ Blount County Schools Family Resource Center |
| ➤ American Patriot Bank | ➤ Blount County Schools Family Resource Center Board |
| ➤ American Red Cross, Blount County Chapter | ➤ Blount County Schools Health Services |
| ➤ Anderson Lumber Company | ➤ Blount County Sheriff's Department |
| ➤ Big Brothers/Big Sisters | ➤ Blount County Substance Abuse Prevention Action Team |
| ➤ Blount BEneFITs | ➤ Blount County Task Force Against Domestic Violence |
| ➤ Blount County Children's Advocacy Center | ➤ Blount Discount Pharmacy |
| ➤ Blount County Community Health Initiative | ➤ Blount Education Foundation |
| ➤ Blount County Fire Department | |
| ➤ Blount County Government | |

- Blount Memorial Wellness Center and Cherokee Health & Fitness
- Blount Memorial Hospital Business Health
- Blount Memorial Hospital CONCERN
- Blount Memorial Hospital Foundation and Community Outreach
- Blount Today
- BlueCross Blue Shield (Walking Works for Schools)
- CBBC Bank
- Cherokee Health Services
- Chick Fil A
- Citizens Bank of Blount County
- City of Rockford
- Clarence Brown Theatre
- Clayton Homes
- Covenant Health Knoxville Marathon & Kids Run
- COVERKids
- The Daily Times
- East Tennessee Discovery Center
- East Tennessee Medical Group
- East Tennessee Quality Alliance
- East Tennessee Regional Health Department
- East Tennessee Worksite Wellness Roundtable
- Elizabeth Strawbridge, RD, LDN
- Family Promise of Blount County
- Food City - NuVal
- GoTrybe
- Haven House
- Helen Ross McNabb
- Heritage High School HOSA
- Hulse Mobile Dentistry
- Jack Raby Optical
- Juvenile Diabetes Research Foundation
- Knoxville Academy of Medicine
- Knoxville Area Coalition on Childhood Obesity
- Knoxville Metropolitan Drug Commission
- Kroger
- Knoxville Track Club
- Ladies Total Fitness
- Let's Talk 101 (Family Life Education)
- Lifeline Counseling Center
- Lifestar
- Mane Support
- Maryville City Schools
- Maryville College
- Maryville/Alcoa/Blount County Parks and Recreation
- Medic Regional Blood Center
- Mental Health Association of East Tennessee, Inc.
- Mental Health Awareness and Suicide Prevention Alliance
- Mountain Challenge
- National Fitness Center
- Olympia Athletic Club
- Peninsula Mental Health Center
- Planet Wellness
- Rockford Elementary School PTO
- Rural-Metro
- The Rush
- SafeKids of The Greater Knox Area
- Second Harvest Food Bank
- Dr. Timothy Spicer, OD
- Sonic
- Spectra Recycling
- Starbucks
- Subway Restaurant
- Sunshine Chiropractic
- TENNderCare
- Tennessee National Guard Counter Drug Division
- Tennessee Voices for Children
- Texas Roadhouse
- University of Tennessee Culinary Institute
- University of Tennessee Extension Service – Blount County - TNCEP
- University of Tennessee Nutrition Department (Registered Dietician Student Volunteers)
- Volunteer State Health Plan
- Wal-Mart

- Walland Center
- Waste Management
- Weight Watchers
- William Blount High School HOSA

Parent and Student Involvement Developed

Parents are involved in numerous CSH activities. Parents and grandparents serve on the Blount County Schools School Health Advisory Council. In addition, parent volunteers at our schools serve during health fairs, walk-a-thons, fall and spring festivals, back-to-school family picnics, assisting with the Food 4 Kids Backpack Program, chaperoning health-related field trips, community nights, family nights, working with their students to create family fire escape plans, healthy student celebrations, creation of/construction of walking trails, healthy fundraising activities, field days, Clayton Homes Turkey Trot. Currently, 342 parents are collaborating with CSH.

Students have been engaged in CSH activities. Heritage and William Blount High School HOSA/health sciences students assisted with BMI screening throughout the school year and Heritage and William Blount High School Prom Committee student representatives served on the Substance Abuse Prevention Action Team Prom and Graduation Campaign subcommittee. Students also served on Healthy School Teams, managed school recycling/environmental programs, acted as peer tutors, served as exercise leaders during physical activities or physical education, and assisted with Go, Slow, Whoa kick-off activities. Approximately 335 students are partnering with CSH to address school health issues.

School Health Interventions

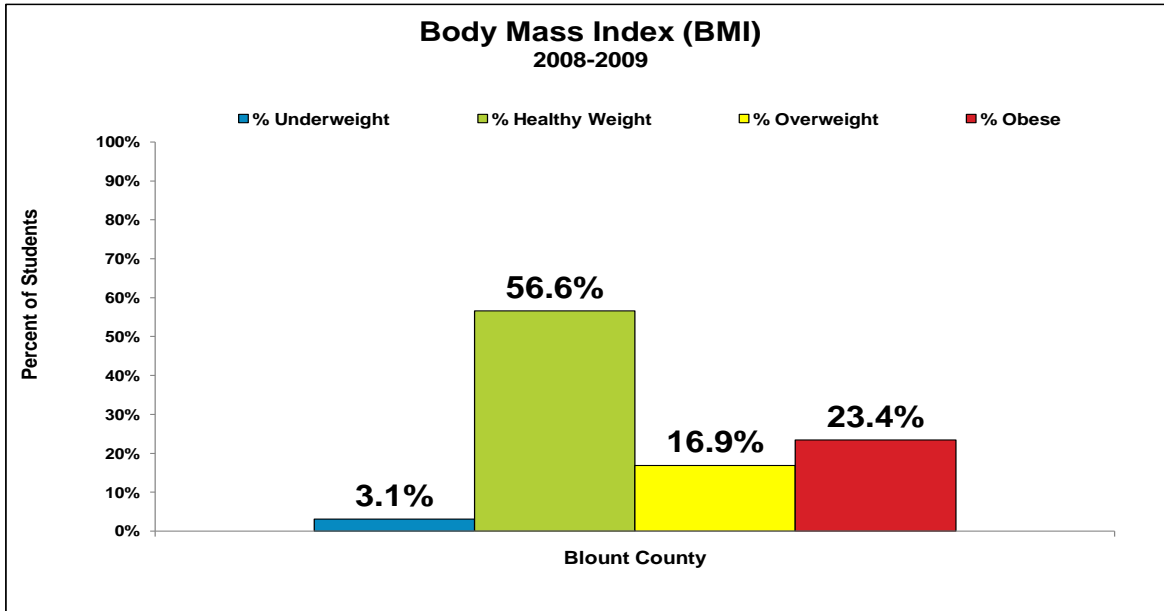
Since CSH has been active in Blount County Schools the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – height, weight and blood pressure – 18,561 screened 204 referred (BP only); 11,735 screened for vision and 1195 referred; 11,670 screened for hearing and 87 referred (does not include 2007 – 2008 or 2010 – 2011 data); 5832 dental screenings with 950 referred;

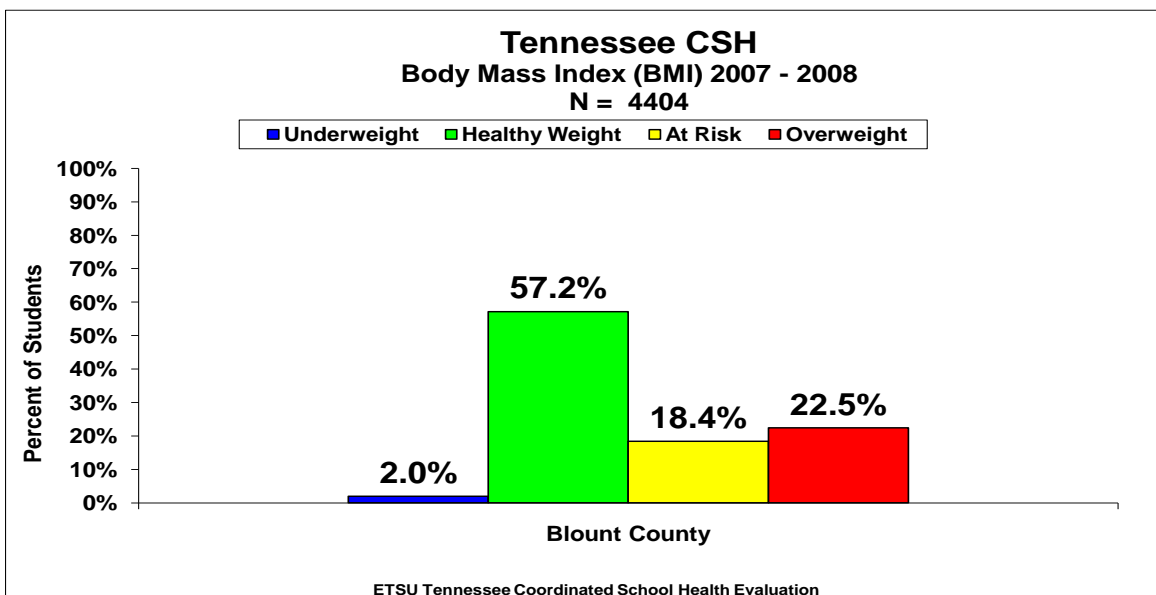
There have been 239,968 student visits to the school nurse and 218,485 of these visits resulting in the student being returned to class (does not include 2007 – 2008 data);

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. Please see charts below for most recent weighted system data.

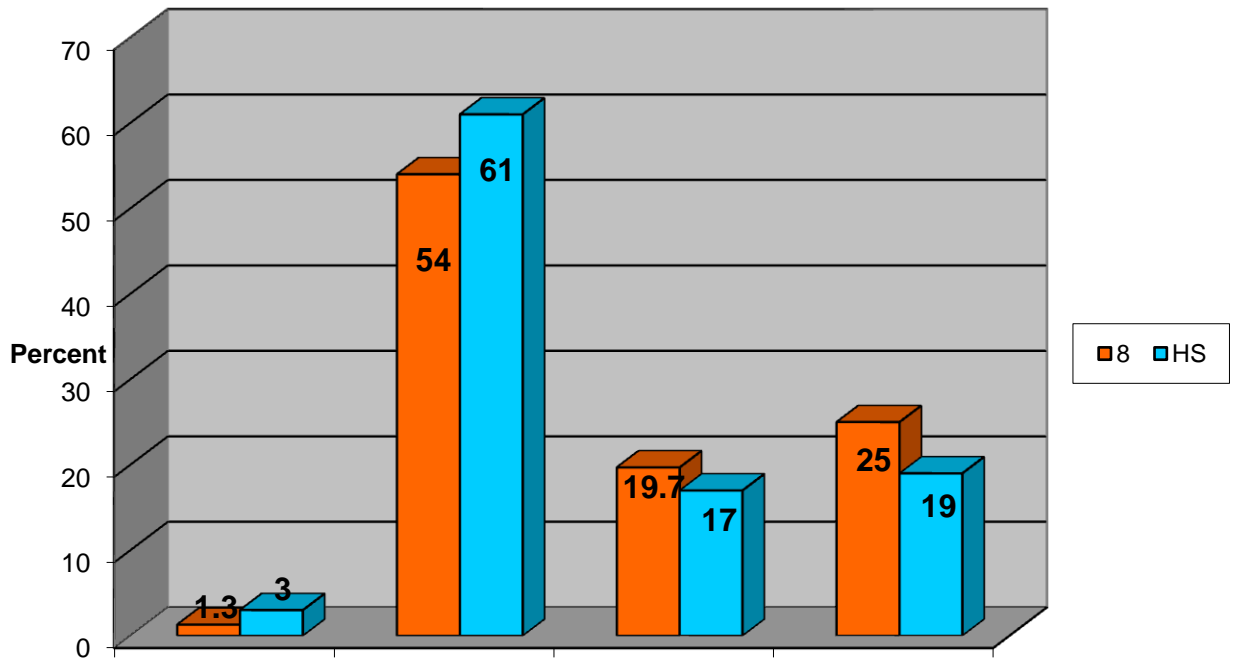
Body Mass Index Blount County Schools



Body Mass Index Blount County Schools



Blount County Schools BMI Comparison 8th Grade 07 - 08 and High School 08 - 09



% Overwt. & Obese 1011

The chart above demonstrates the first comparison of like students and shows a 6% improvement in students measured at a healthy weight from their 8th to 9th grade year and shows a 2.7% decrease and a 4 % decrease in the number of students measured to be overweight and obese respectively.

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include playground equipment at two elementary schools, construction materials for walking trails at three elementary schools, equipment and supplies for a nine-hole disc golf course, traversing walls at three schools, basketball goals, physical education equipment such as balls, jump ropes, and hand weights, gymnasium mats, equipment for staff/student fitness rooms, Take 10! materials, health-related books for two school libraries, and Go, Slow, Whoa educational materials for thirteen elementary schools;

Professional development has been provided to counselors, physical education teachers, and nurses. Examples include CSH overview for new staff and annual CSH update for current staff, Take 10! training, CPR training, QPR overview, suicide prevention training, health services supervisor attended the Tennessee School Nurses Association annual conference, physical education teachers attended TAHPERD;

School faculty and staff have received support for their own well-being through the annual Employee Fair, the *Healthy Headlines* quarterly employee wellness newsletter, Planet Wellness visits to offer a stress busting day of wellness at each school/worksites, a free employee clinic, and free influenza vaccinations in addition to many wellness initiatives offered at individual schools/worksites.

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education Interventions – Health-related books for school libraries, LifeSkills training curriculum grant for implementation of substance abuse and violence prevention curriculum in middle schools, Kick Butts Day activities, hand washing education campaign, prom and graduation substance abuse prevention campaigns, H1N1 education efforts;
- Physical Education/Physical Activity Interventions – Heritage High School 90 minute Fitness Plan, Clayton Homes Turkey Trot, awarding of CSH mini-grants for playground equipment, walking trails, traversing walls, basketball goals, exercise/physical education equipment, and physical activity initiatives such as Homework Hurrahs, and Eagle/Falcon Challenge, Fun and Fitness Festival;
- Nutrition Interventions – Go, Slow, Whoa!, TNCEP nutrition education, fresh fruit and veggie grants;
- Mental Health/Behavioral Health Interventions – Mental Health 101 for high school students, suicide prevention training for faculty, Blount County Mental Health Consortium, Every Life Matters event, Dating Violence Awareness and Prevention activities, Mane Support Grief Counseling, Behavioral Health Pilot Project.

In such a short time, CSH in the Blount County School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

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